

CHECKLIST



we meet again
coaching for couples

- You feel like your partner has become your roommate
- You often don't feel "appreciated" or acknowledged for the ways you're contributing
- You think one thing, but want to avoid an argument, so you say another
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- You've decided good enough is good enough
- Most of your communication feels like bickering
- You have sex sometimes, but it's lost that spark that makes it special
- You can't remember the last time you had sex
- Screens are often part of your connection (watching TV or doodling on your phone when in communication)
- Your intuition is telling you something needs to change
- You're not going to bed at the same time
- You feel your partner is distant